



# JUNE 2017

**Maryland WIC**  
Better Nutrition Brighter Future

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mid-Shore Services:</b> Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.			<b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 Maryland toll free)	1	2	3
4	5	6 <b>Support Group</b> 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	7	8	9	10
11	12	13	14	15	16	17 <b>Breastfeeding Class</b> UM SMC at Easton, Health Education Center 9 am - 12:30 pm To reserve your space: call 410-882-1000, ext. 5231 or 410-228-5511, ext. 5231
18	19	20 <b>Support Group/10:00 a.m.</b> Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700 <hr/> <b>Support Group/4pm - 6 pm</b> Easton YMCA/Sarah Johnson, IBCLC 443-949-5180	21	22	23	24
25	26	27	28	29	30	<b>To Contact a Breastfeeding Peer Counselor near you:</b> Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654



# JULY 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mid-Shore Services:</b> Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		<b>To Contact a Breastfeeding Peer Counselor near you:</b> Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654	<b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 Maryland toll free)			1
2	3	4	5	6	7	8
9	10	11 <b>Support Group/10:00 a.m.</b> Easton Memorial Hospital outside Birthing Center/Karen Van Trieste 410-822-1000, ext. 5700	12	13	14	15
16	17	18 <b>Support Group/4pm-6 pm</b> Easton YMCA/Sarah Johnson, IBCLC 443-949-5180	19	20	21	22 <b>Breastfeeding Class</b> UM SMC at Easton, Health Education Center 9 am - 12:30 pm To reserve your space: call 410-882-1000, ext. 5231 or 410-228-5511, ext. 5231
23/30	24/31	25 Support Group/10:00 a.m. Easton Memorial Hospital outside Birthing Center/Karen Van Trieste 410-822-1000, ext. 5700	26	27	28	29



# AUGUST 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mid-Shore Services:</b> Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.				<b>To Contact a Breastfeeding Peer Counselor near you:</b> Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 <b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 (Maryland toll free)		
		<b>1</b> <b>Support Group</b> <b>10:00 a.m.</b> Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> <b>Support Group/10:00 a.m.</b> Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b> <b>Support Group/4pm-6pm</b> Easton YMCA/Sarah Johnson, IBCLC 443-949-5180	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

